CLAIMS

What is claimed is:

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- 1. A prosthesis or orthesis for a member of a human body, comprising limb-forming components, which components are connected by pivoting couplings, and at least one first spring element whose ends are coupled with components that are distinguishable from each other, wherein a coupling element is provided spanning at least two of said pivoting couplings.
- 2. A prosthesis or orthesis according to claim 1, wherein the member is a foot, and further comprising a lower leg portion, a heel portion, a front portion of the foot and a toe portion, wherein the front portion of the foot at either side ends in an ankle hinge and a toe hinge, respectively, for the coupling of on the one hand the heel portion and the lower leg portion, and on the other end the toe portion, and wherein the coupling element spans the pivoting couplings of the front portion of the foot.
 - 3. A prosthesis or orthesis according to claim 2, wherein the coupling element is connected on the one hand with the toe portion and on the other hand with a selection made from the group consisting of the lower leg portion and the heel portion.

4. A prosthesis or orthesis according to claim 2, wherein the coupling element is connected on the one hand with the toe portion and on the other hand with the lower leg portion.

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- 5. A prosthesis or orthesis according to claim 4, wherein the front portion of the foot and the heel part are integrated to form a whole.
- 10 6. A prosthesis or orthesis according to claim 1, wherein the coupling element is the first spring element.
- 7. A prosthesis or orthesis according to claim 2
 wherein the heel portion and the lower leg portion share the
 ankle hinge of the front portion of the foot, while also
 being mutually coupled via a second spring element.